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## Claims

1. Safety apparatus for the erection of structures, comprising  
a first substantially vertical support;  
a second substantially vertical support; and  
a supporting cable extending between said first and second  
supports, wherein  
said vertical supports are configured to be adjustable in length and  
each includes a first fixing means and a second fixing means such that the  
length of a support may be adjusted by releasing said first fixing means and  
then re-fixing said first fixing means after said adjustment has been made.
2. Apparatus according to claim 1, wherein said substantial  
vertical supports are made of a highly tensile material.
3. Apparatus according to claims 1 and 2, wherein said  
substantial vertical supports comprise an upper and a lower tube.
4. Apparatus according to claims 1 to 3, wherein said upper  
tubes of substantially vertical supports are equipped with an internal and an  
external strengthening component.
5. Apparatus according to claim 4, wherein said external  
strengthening component is a steel cable, the tension of which is  
adjustable.
6. Apparatus according to claims 1 to 4, wherein the diameter of

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said lower tube is different from the diameter of said upper tube so that said upper and lower tubes can slide vertically independently of one another.

7. Apparatus according to claim 1 wherein first and second fixing means are of the type described in Figure 5.

8. Safety apparatus for the erection of structures, comprising  
a first substantially vertical support;  
a second substantially vertical support; and  
multiple supporting cables extending between said first and second supports, wherein

said vertical supports are configured to be adjustable in length and each includes a first fixing means and a second fixing means such that the length of a support may be adjusted by releasing said first fixing means and then re-fixing said first fixing means after said adjustment has been made.

9. Apparatus according to claim 1 or 8 wherein said supporting cable is made of a highly tensile material.

10. Apparatus according to claim 1 or 9 wherein the tension of said supporting cable is adjustable by cable-clamping devices implemented on said substantially vertical supports.

11. Method of erecting safety apparatus during the assembly of a structure, comprising the steps of  
attaching the first substantially vertical support to said structure;  
attaching the second substantially vertical support to said structure;

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extending a cable between said first and second supports and attaching a safety harness to said cable, wherein

said vertical supports are configured to be adjustable in length and each includes a first fixing means and a second fixing means such that the length of a support may be adjusted by releasing said first fixing means and then re-fixing said fixing means after said adjustment.

12. A method according to claim 11, wherein said substantial vertical supports are made of a highly tensile material.

13. A method according to claims 11 and ~~12~~, wherein said substantial vertical supports comprise an upper and a lower tube.

14. A method according to claims 11 to 13, wherein said upper tubes of substantially vertical supports are equipped with an internal and an external strengthening component.

15. A method according to claim 14, wherein said external strengthening component is a steel cable, the tension of which is adjustable.

16. A method according to claims 11 to 14, wherein the diameter of said lower tube is different from the diameter of said upper tube so that said upper and lower tubes can slide vertically independently of one another.

17. A method according to claim 11 wherein fixing means are of

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the type described in *Figure 5*.

18. Method of erecting safety apparatus during the assembly of a structure, comprising the steps of

5 attaching the first substantially vertical support to said structure;  
attaching the second, substantially vertical support to said structure;  
extending multiple cables between said first and second supports  
and

10 attaching a safety harness to said cables, wherein  
said vertical supports are configured to be adjustable in length and  
each includes a first fixing means and a second fixing means such that the  
length of a support may be adjusted by releasing said first fixing means and  
then re-fixing said fixing means after said adjustment.

15 19. A method according to claim 11 or 18 wherein said supporting  
cable is made of a highly tensile material.

20 20. A method according to claim 11 or 19 wherein the tension of  
said supporting cable is adjustable by cable-clamping devices implemented  
on said substantially vertical supports.

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